RAMPAGE

CALDER VALLEY FELL RUNNERS

Issue 31

Summer 1994



CALDER VALLEY FELL RUNNERS

FOUNDED; NOVEMBER 1986

COMMITTEE 1994

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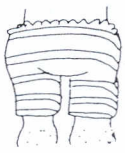
EDITORS RAMBLINGS

Well, the F R A Relay is almost upon us. Don't forget to book the 16th of October off from all other commitments, and let's hope that we can make it a resounding success.

As you will notice, i have managed to sell some advertising space in this issue of Rampage, to the well known and reputable outdoor shop, West Riding Camping. I believe that this is a first for the Club and i would like to think that it might set a precedent. Although i understand that as a Club, we are not out to make money, surely if we can save a little on the production costs of the club magazine and put it to another good use (we need some new flags, etc); then it's no bad thing. The (very reasonable i feel) £5 for the full page advert will pay for the postal Rampages this issue.

If you know of anyone who may want to advertise in Rampage, please put them in touch with me.

My thanks to all those who have contributed to, or assisted with the production of this issue of Rampage, especially Steve Houghton for doing a great job with the photo copying, and Bob Horne for his Typesetting expertise with his new computer. Rest assured, from now on we will have no speling misstaks in this pulbication.
Finally, in this issue i have included a piece written by Bob, about his exploits trudging up and down fellsides, getting covered in mud and ending up exhausted, CARRYING A BICYCLE !!



Shorts

Jimmy Sheard is organising a Hallowe'en party at MCC on 29th October. Tickets on sale now £3.50. See article inside.

Join the odd ones out jogging. Weds nights at Hare & Hounds. See Duncan /notice board.

I am informed by Telecom officials that the dialing codes are a changing. Halifax (0422) has a 1 after the 0 (01422) Similarly Bradf'd will become 01274 and Nelson 01282. Confused ?



Bob Horne. See page 6

Front cover; Where's that junior ? by A.G.

MY FAVOURITE RUN No. 4 by Tony Bradley.

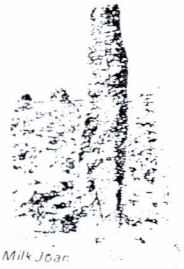
Using South Pennines map - O/S 1:25000 Sheet 21
Start at the top lodge, Wainstalls Rd. G.R. 027 293
Equipment required; Cagoule, Whistle(even on a good day) as minimum kit.

This run starts and finishes at the TOP LODGE on the road between Wainstalls and Folds Edge near the Upper and Lower Dean Head Reservoirs. This run will appeal to Calder Valley runners for the tough fell terrain, the wonderful scenery and spectacular views and of course, its right on our doorstep. -Ed.

Starting at the Top Lodge (G.R. 027 293) head off down the marked footpath towards the bottom Lodge. Look out for the new stile half way along the first wall. Watch out for the Rabbits as you drop down to the bottom Lodge!

At the end of the fields, turn right and follow the road over the bridge, going right at the top of a small climb and heading up the footpath to Midgley Moor. Always a good marker on your fitness this climb, even harder now with the steps at the bottom. At the top, follow the Mytholmroyd Fell race route across the moor, heading North West. Join the Calderdale Way turning right and heading towards Pecket Well. Staying on the Calderdale Way, drop down to Hardcastle Craggs and head up the long climb to the village of Heptonstall. Follow the C.W. through Heptonstall and turn left to Hell Hole rocks, following the marked path to Hebden Bridge.

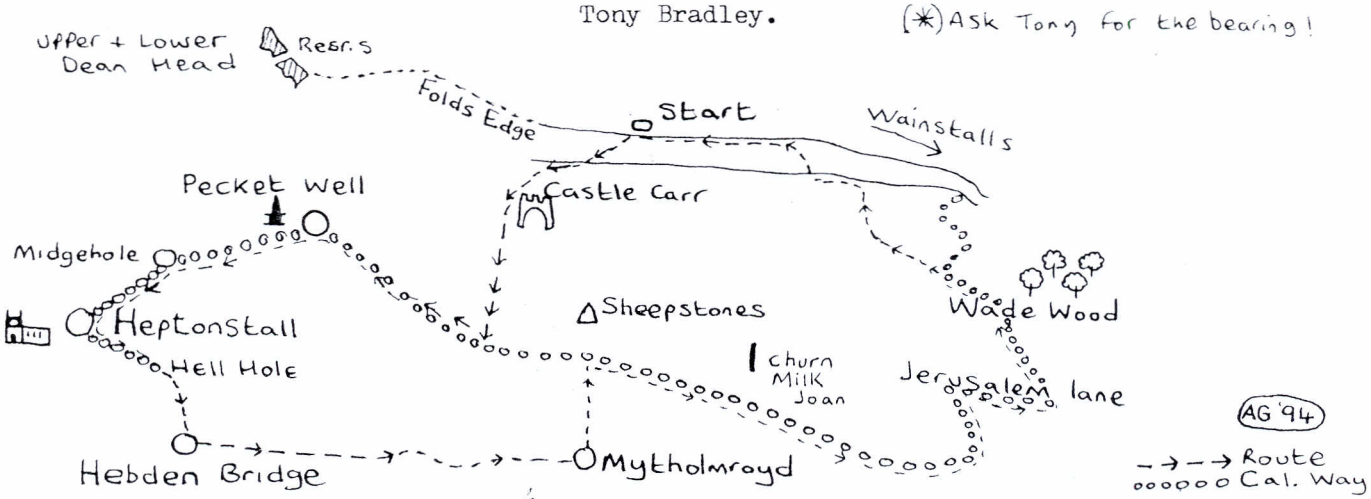
At Hebden, turn right over the canal and follow the road over the railway, keeping to the right follow the track up towards the woods. Once in the woods, turn left and follow the track, down at first, then climbing again as the route takes us towards Mytholmroyd. Pass a few buildings and turn left, on another track heading back towards the Calder Valley race route. Follow this now over the football fields and down to the main road. Cross the road and now head for the climb out of Mytholmroyd up Wadsworth Banks fields. Follow the usual Tuesday night training route up towards Sheepstones, but turn right onto the Calderdale Way at the wall corner. Follow the C.W. down to Wade Woods. After crossing the bridge at Wade Woods, climb up to the Hullet. When you join the road, turn left and go on until you approach the cottages on the right. Look out here for a gate stile (just before the Cottages) which you should go through.


Churn Milk Joan

Head towards two walls, close together, about ½ way up the field and after running between them to reach a boggy patch of land, a wall stile will be found. Head off at (*) or just look out for an old red railway wagon, and again travel between two walls. At the top of this climb, turn left onto the road and head back towards the Top Lodge.

Although a lot of this run is used frequently by the Club, i always enjoy this one because of the lovely scenery from both valleys, plus the hill climbs can make it tough going. If you decide to have a go, enjoy it - i'm sure you will.

Tony Bradley. (*) Ask Tony for the bearing!





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DUNKY'S DIALOGUE.



I'm glad to see that people are coming forward to help out with the F.R.A. Relay. Give as much help as you can for as long as you can. This is a really important day for the club.

I've been disappointed with the poor turn-out at some of this year's club championship races. Surely, Waterfoot isn't too far to travel for the Whittle Pike Race, yet there were only four Calder Valley members there. Sedbergh was better attended, but not up to the level we usually get for this race.

Is there an air of apathy about the club? Or is the club becoming a social training club and not a fell running/racing club? It's my belief that the whole essence of our sport is to race. Okay, so it's nice to go for a long, steady training run, but that is all it is: a training run. The end-product has to be to go and race.

Club training nights have become too laid-back and easy-going. It has become not so much a training run as a social run. I'm not suggesting that we all try to keep up with Gary and Steve, but I do believe that people could push themselves harder at their own level. Come on! Dig in!

Anyway. that's enough from the soapbox for now. Get on with enjoying the rest of the magazine.

Sweet descents,

Dunean

EDITOR'S JOKE:

Q. What do you get if you cross a rottweiller with a baby labrador?
A. A dog that gives you the shits and runs off with the bog paper.

THREE PEAKS CYCLO-CROSS, 1993.

Five minutes to the start of the 1993 Three Peaks Cyclo-Cross. Riders assemble outside the Helwith Bridge Hotel. The first few miles are neutralised, which means everyone stays together, behind the lead car, until eyeballs-out racing begins. It's what they do in the Tour de France, and I'm looking forward to riding along in the bunch chatting and joking, like Roche, Indurain, Chiappucci and the rest. Then there is a bang. Someone's tyre has blown. We all laugh, but the rest laugh longer then me because it's my tyre.

I take it calmly, careful not to lose face until I'm out of sight behind the village hall. Then I hurl my bike at the wall, kick the wheel and swear until tears come to my eyes. Despite my rage I manage to change the inner tube and get back to the road as the field pulls out. I hang on, fifty yards adrift, wiping my oily hands on my shorts until, near Selside, we leave the road. (The race ascends Simon Fell, goes along the ridge to Ingleborough, down the main track to Ingleton, up the road to Chapel-le-Dale, ascends Whernside the way the fell race comes down, continues along the ridge to descend to Blea Moor Tunnel, along the track to Ribblehead, down the road to Horton, up Horton Scarr Lane to Pen-y-Ghent summit, descending by the same route, then by road to Helwith bridge.)

I see Allan Greenwood ahead, kneeling, camera raised, and try to look like a cyclo-cross rider. I'm near the back but, I reason, most of these competitors are cyclists. I'll blast them away on the ascents. I try to prove this, carrying my bike up Simon Fell, and reach the top exhausted. At a stile (a queue - great!) a voice shouts, as I and my bike climb over, "Come on Bob! Get a move on!" It's Duncan. For five minutes I savour the uniqueness of leading Duncan in a race, then he overtakes me as my front wheel hits a boggy bit and I fall over the handlebars.

Riding where possible (the secret is to dismount just before you fall off) I reach Ingleborough. The bikes have to be carried across the summit plateau and the first part of the descent is too steep and rocky to ride, but once in the saddle I enjoy an exhilarating charge through Crina Bottom and along the track to the road, where I take food from Claire and Barney. I expect the next stretch to be a relief, but I'm absolutely knackered. So are two others and we share the work up to Chapel-le-Dale, taking turns at the front.

Along the farm road to the foot of Whernside, then the long slog. I carry my bike, I push it, but never feel comfortable. Somewhere ahead of me is Duncan, further ahead is my brother and even further is Ian Ferguson chasing eventual winner, Fred Salmon. Are they enjoying it, I wonder. It's a lovely September day, sunny, a bit of a cooling breeze and I'm doing the Three Peaks. I ought to be happy. But I've got a bike on my back. Then the absurdity of it all hits me. I'm walking up Whernside, CARRYING A BLOODY BIKE! I must be bonkers.

I trudge on. After about three days I reach the ridge and it's ride, walk, ride, walk again before a soggy descent to Blea Moor. I pass John Rawnsley, race organiser and

competitor in all 33 events. He asks me how I'm enjoying it. I mumble that it's a bit different.

More food at Ribblehead. Then a following wind down the road to Horton. I can cope with this and surprisingly overtake one or two riders which (a) makes me feel powerful, (b) puts pressure on me to stay ahead of them. Left into Horton Scarr Lane, and now there's more walking than riding. Just before I reach the shooting box my brother cycles furiously down towards Horton, face creased with the pain of pursuing prizes. A hundred yards later are AG and camera again and I shoulder my bike, unnecessarily, in a shameless pose.

Wearily, I ascend Pen-y-Ghent, wondering why all those cycling down have looks of terror on their faces. Nearer the summit and here comes Duncan. "Bloody hard, isn't it Bob?" I can't reply. The little energy I have left is barely enough to propel me and my machine uphill.

Finally, unbelievably, the summit. I'm assured that it's all downhill now, I'm nearly there, and begin riding, where possible. At the corner of the dog-leg, where the track becomes less rocky, I decide to let rip, but after ten yards I understand those looks of terror. My brakes have no effect. I'm gathering momentum and I'm terrified. I'm bound to lose control on the loose surface and come off, probably breaking my shoulder on a rock. I'll have to miss the Tour of Pendle next weekend. (At the thought of Pendle I momentarily consider jumping off and heading the nearest boulder.) However, fear sharpens my reactions and I reach the stile, where the track levels out, in one piece. Another photo-call. AG's enjoying this. I'm not.

Past the shooting box Horton Scarr Lane is a mass of rubble and cyclists keep to the smooth path at the edge. Over-confident, I move into the middle to overtake and fall off. I detect a smile on the face of my fellow-rider. Re-mounting, I catch him again and manage to get round but immediately my chain comes off. I daren't look at him. Before the road I'm past him again. He's obviously in an even worse state than me and I'm grateful that I'll be able to relax along the last couple of miles of road.

No such luck. I turn round by Horton Church and there's another rider about a hundred yards behind, obviously intent on catching me. Despairingly, I press on the pedals. Four and a half hours of oxygen debt have left my whole body in a weakened state, but somehow I manage to keep my rival behind me. Too tired to be relieved I turn off the main road, cross the bridge and freewheel into the car park. I've done it. I've finished. It's taken me 4 hours 41 minutes 26 seconds and I'm 118th. out of 161 starters (149 finishers). Duncan's done 4:29:30 and is 105th, and Peter 3:54:26 for 43rd. overall and third vet, an outstanding performance.

As I stand at the presentation ceremony the wind is cold and there are a few drops of rain, but I hardly notice because I'm warm with the satisfaction that I've achieved a minor ambition. I don't have to do this again. And I won't. Not under any circumstances. No, Peter, I don't want an entry form. Duncan will have one, because he's crazy. (This is his second time.) Allan will ride because he hasn't done it before and can't imagine how awful it is. But not me. I'll take photographs, sit on walls in the autumn sunshine eating cheese and pickle sandwiches and drinking coffee. I'll

shout to mud-encrusted cyclists who look close to death that they're going well. My family thought there was no limit to my stupidity. Well, there is. Never again will I carry, push, drag a bike up a mountain, unless there's a road to the top. Never again.



Bob Horne.

FOOTNOTE: I have just (16th. August) been for a jog in Judy Woods, a beauty spot frequented by club members from down the valley. About five minutes from home I was looking for an excuse for a rest when, lo and behold, along came a very sweaty Greg Houghton, accompanied by a cloud of flies. He told me a disturbing tale about an old woman with a poodle who lives in Norwood Green, where the Calderdale Way meets the road at Ox Heys. Apparently she has been verbally abused by a runner who told her where to stick her ******* dog. To her credit she told this dastardly coward that, if he didn't like her dog, he could run somewhere else. Now the question is, who was it? It wasn't Greg, and it wasn't me. My brother Peter loves poodles, so it can't have been him, and Greg's brother, Steve, runs too quickly to notice either old women or poodles. Steve Kirkbride's tried out his injured knee once or twice lately but, well. he just wouldn't, would he? There's Alan Jones, but he's one of nature's gentlemen. If he saw the old lady, or her poodle, he'd help them across the road. Andy? No. He'd swear at Brian, but Brian hasn't trained all year. I know that because he told me himself at Sedbergh on Sunday, and Linda confirmed it. That was just after he'd knocked ten minutes off his personal best for the race. So it can't have been Andy or Brian. Allan and Carol sometimes get over into these parts, but Carol's unfortunately injured and Allan's always playing with his bike or his ansafone these days. So it must be an alien. However, we have a clue. The shocked old lady was able to relate to the local vicar, His Holiness the Very Rev. Arrandale, the appalling language used by this so-called athlete: "I'd just got ten ******* minutes off from ******* Telecom and I were moggin' past your ******* house on my way to do some ******* bounding up yon hill..." The rest was lost in incoherence. Clearly, the man needs apprehending. If anyone has any idea who the villain may be, could they please contact Saint Trevor 'BG' Redmond, who will arrange for immediate public castration.

Letters to the Editor



Dear Editor,

I must publicly apologise to Paul Frechette whose good name has been sullied in the tabloid press (Rampage No.30). We were team mates on leg 3 of the ill-fated Calderdale Way Relay and I volunteered to pass the entry fee money on to Mick Banks so Paul gave me his £2.50.

It was the early onset of exposure and the shock of being driven down Mytholm Steeps afterwards that must have brought on my amnesia. By the time you read this I will have either paid up or emigrated.

Yours faithfully

John Riley
c/o High Altitude Training Holidays PLC
King Buthelezi Suite
Hotel Katanga
Natal

Hardy souls who run up hill and down dale

THE general consensus is that they are all mad. Stark, staring, round-the-twist, completely bonkers. But they can provide great spectator sport.

They are fell runners, men — and a growing number of women — who seem to find some sort of masochistic delight in exhausting themselves mentally and physically by dashing up and down steep hills or ploughing through miles of Britain's filthiest terrain.

The Lake District is fine fell-running country, but Yorkshire — and the Dales, in particular — provides some of the oldest, hardest and perhaps *the* most famous annual races where Yorkshire running clubs like Bingley, Pudsey and Bramley, Spenborough and Holmfirth fight it out with athletes from all over the North for the individual and team trophies .

Burnsall is the prime example — the best-known and oldest amateur fell race still run. Every August, thousands flock to the tiny Wharfedale village to see athletes haul themselves to a cairn on the skyline on Burnsall Fell — and then plunge back to the valley bottom.

It's a round trip of just one-and-a-half miles and with 900ft of climb, but races are won or lost on the hellish descent — and legends made, with the name of Ernest Dalzell being forever linked with race. His 1910 record time was a fraction under 13 minutes — and it took him more than 10 minutes for the ascent.

Such short, hard fell runs have long been a part of rural life and have often become associated with country fairs and galas throughout the North. Anyone over 14 can enter (but it takes true stamina and often a lot of skill and strength to actually *run* even the mile or two of such events).

Not only do they provide exercise for the athletes, but they are a perfect diversion for the crowds waiting for the results of the judging of the fancy-dress or the start of the sheepdog trials. Yorkshire still boasts several such energetic events, including Bentham Gala (May), Harden Moss (June), Wadsworth and Eldwick (August).

But perhaps the most famous fell race of all is that which each April takes in the summits of Penyghent, Whernside and Ingleborough — The Three Peaks Race.

Surprisingly, it was born in a very low-key way as late as 1954 when six runners ran an anti-clockwise course from the Hill Inn, in Chapel-le-Dale. The winner was Preston Harriers's Fred Bagley.

Since then the race has grown to such an extent that it now starts and finishes at Horton, where there is sufficient car-parking to accommodate the needs of participants and spectators.

There is a limit of 500 runners, and the list is usually closed within a fortnight of application forms being made available.

Last year, Bingley's Ian Ferguson celebrated victory with a handstand as he crossed the line after 24 miles. His time — despite running a longer course than the original one navigated by Fred Bagley and his five opponents — was well under three hours.

There are other races in the Dales — like Penyghent and Buckden Pike (June) and Ingleborough (July) — but none has the same pulling power for the watcher. While athletes will flock to take part just for the exercise and good fellowship, there is not the same magic the spectator associates with the names of certain events.

But on a warm summer day, the prospect of seeing some of Britain's finest hillsmen (and women) getting into a lather on a one-in-two slope, is enough to persuade a reasonable number of voyeurs to take up the best viewing positions. Most might be runners' families, but all are likely to agree that the shorts-and-stud brigade are all well and truly round the twist.

But the Yorkshire Dales wouldn't be the same without them.

David Overend

Yorkshire Post.

RESULTS

HIGH PEAK MARATHON - 4/5 MARCH 1994

The Supremes was the team name of Calder Valley's only entry in this years High Peak and we were up against the likes of Rucksack Ragtags, Dextrose Midnight Runners, Betty Swollocks Bog Trotters and Robin with Men in Tights. It was tough just competing with the names.

The event was won by Wouldn't Harriless (M.Seddon & Co.) in 9hrs 54mins. We came in just two hours adrift in 11hrs 54mins giving us 14th place out of 47 starters and 31 finishers

We also figured in the Veterans Handicap. With an aggregate age of 174 years combined with our time we were 8th out of 16 veteran teams.

Rod Sutcliffe, Paul Frechette, Brian Horsley, John Riley.

RESULTS

THE OGDEN UPHILL MILE - Tues May 10th 1994

In spite of a disappointing turn out, the race went very smoothly. This was largely due to the excellent support i was given in organising it. Derek Ibbotson, the former World mile record holder from Huddersfield, and his wife Ann were guests of honour and race starters, staying to present and autograph the specially printed certificates in the pub afterwards.

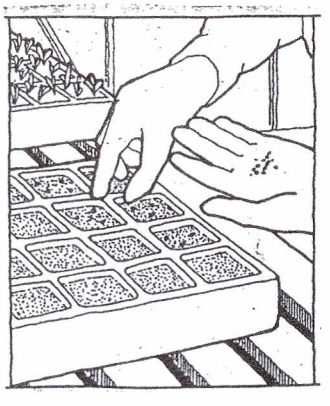
Out of a field of 22 runners, former junior International steeplechaser Kenny Stirratt beat three peaks winner Andrew Peace by 12 seconds in a time of 5.31. Damian Whitehead was first Calder Valley in 6.27 with Allan Greenwood clocking 7.49.

The route goes from the gate/ stile 300 yards up the track from Ogden Reservoir, and finishes precisely 100 yards before the Withens Inn. Try it out and see how your time compares!

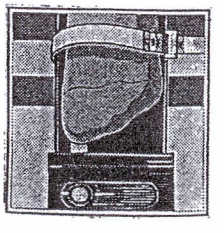
Finally, i owe a debt of thanks to Bernard and Kay Pierce, Brian Horsley, Alan Jones, Simon Towler, Andy Thompson, Tony Bradley and Bob Horne for turning up to help me on the night.

Allan G.

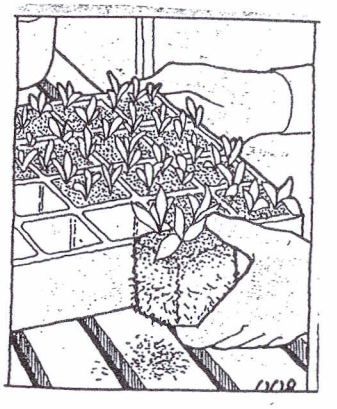
John Riley's world of Gardening and shoe fitting.



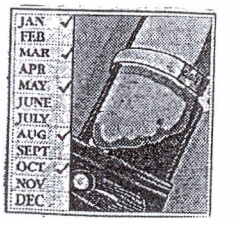
Batches of seed of root vegetables will give a superb early crop.



Children's shoes and sandals must be properly fitted.



Try round-rooted beet-root varieties; "Lola" or "Replanta".



Check the fit every two or three months.

Next week;- Gary Webb's world of cheese and motorcycles.



RESULTS



Fairfield Horseshoe fell race — Sun 22nd May — 9 miles / 3000'

1	Ian Holmes	Bingley Harriers	1.22;58
20	Robin Skelton	C V F R	1.32;42
77	Denis Gildea	C V F R	1.45;50
156	Bob Horne	C V F R	2.00;02
201	Allan Greenwood	C V F R	2.17;13

Fine and dry but high up on Fairfield the side-wind was so strong that the runners in front were bending sideways, like a line of trees, on the way up. 231 ran

Hutton roof village gala crag race — Sat 28 May — 7 miles / 1300'

1	Mark Croasdale	Lancs & Morecambe	44.40
12	Steve Houghton	C V F R	49.24
88	J Wilkinson	C V F R	58.47
172	Allan Greenwood	C V F R	67.09

Conditions; Almost unbearable heat, not even a hint of a breeze and no water en-route. 218 ran.

Great Hameldon hill race — Sun 29 May — 6 mile / 100'

1	Neil Wilkinson	Salford	35.55
198	Allan Greenwood	C V F R	52.27

I'm not kidding you, this race is like the London Marathon. I think everyone in Accrington either runs in it or lines the route through the wooded parkland and out onto the open fell. Every finisher is given a t shirt or mug and some refreshment on finishing. 402 ran!

Pen y Ghent fell race — Sat 4 June — 5½ miles / 1650'

1	Craig Roberts	Kendal AC	43.13
29	Duncan Thompson	C V F R	49.39
154	Babs Bukunola	C V F R	57.51
258	Allan Greenwood	C V F R	63.44
261	Steven Cavell	C V F R	63.59

It started off as a lovely bright sunny afternoon with just a light cooling breeze. By the time we had reached the school the sun had gone in, half way up it started hailstoning and the cags were on. Off the summit in wind & light rain and down to the finish fields in warm sunshine. 5 seasons in a day.

Would you like to see more results of NON CLUB CHAMPIONSHIP races in Rampage ? So would i! I would like to include YOUR performance in this section as it gives a guide to others who would like to try a new event. I know for a fact that club members have been to races such as Jack Bloor, Helvellyn, Rossendale, Coniston Water festival, Otley Chevin, Welsh 1000 metre Peaks, Paddy's Pole, Badger stone relay, Ennerdale, Coiners 7, Old County Tops, Stoodley Pike, Mytholmroyd etc, etc.

I would be very happy to recieve your results from your next race for inclusion in this section. Please send to editorial address or phone me on (0274) 722783.

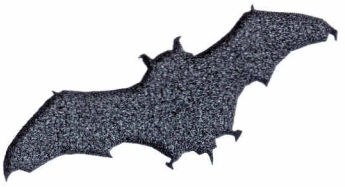
HALLOWEEN

PARTY

at Mytholmroyd Community Centre

on

Sat 29 October



Live Group

"Outrage"

Karaoke

Fancy Dress

Prize Raffle

Free Food!

Tickets £3.50



For further details, ring

Jimmy Sheard - (0422) 884764

CALDER VALLEY FELL RUNNERS 1994 CHAMPIONSHIP

Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 5: CONISTON FELL RACE (AM - 9m/3500') - SATURDAY 30th APRIL							
1.	Gavin Bland	1.09.07						
13.	Steve Houghton	1.17.19	40			0.819	1.03.19	40
32.	Paul Cleary	1.21.05	39			1.000	1.21.05	34
50.	Andy Wimpenny	1.26.06	38			0.811	1.09.50	37
56.	Michael Wardle	1.26.28	37			0.797	1.08.55	39
63.	David Hyde	1.27.05	36			1.000	1.27.05	33
80.	Rod Sutcliffe	1.29.52	35	20		0.769	1.09.06	38
101.	Denis Gildea	1.34.18	34			1.000	1.34.18	32
102.	Geoff Bell	1.34.33	33	19		0.754	1.11.21	36
104.	Bob Horne	1.36.02	32	18		0.766	1.13.33	35
	RACE 7: BLACKSTONE EDGE FELL RACE (AS - 3.5m/1200') - WEDNESDAY 18th MAY							
1.	Gary Devine	28.28						
8.	Gary Webb	30.20	40			.898	27.14	36
15.	Duncan Thompson	31.18	39			.902	28.14	31
17.	Steve Houghton	31.24	38			1.00	31.24	29
35.	Andy Wimpenny	33.10	37			.867	28.45	30
41.	Damian Whitehead	33.31	36			.831	27.51	34
55.	Richard Kellett	34.15	35			.800	27.24	35
58.	Michael Wardle	34.24	34			.757	26.02	39
62.	Rod Sutcliffe	34.44	33	20		.760	26.24	38
74.	Carl Greenwood	35.30	32			1.00	35.30	28
89.	Bob Horne	36.27	31	19		.713	25.59	40
97.	Denis Gildea	36.48	30			.758	27.54	33
113.	Steve Cavell	38.07	29			.733	27.56	32
129.	Allan Greenwood	38.44	28			.685	26.32	37
	RACE 8: WHIRLAW FELL RACE (BS - 5.5m/1100') - TUESDAY 24th MAY							
1.	Kenny Stirrat	36.29						
7.	Gary Webb	39.25	40			.898	35.24	38
10.	Duncan Thompson	39.52	39			.902	35.58	34
11.	Steve Houghton	39.57	38			1.00	39.57	29
18.	Andy Wimpenny	41.23	37			.867	35.52	36
20.	Richard Rowlands	42.12	36			1.00	42.12	27
23.	Michael Allcock	42.31	35			.844	35.53	35
26.	Damian Whitehead	42.45	34			.831	35.31	37
44.	Michael Wardle	45.19	33			.757	34.18	40
46.	Jamie Smith	45.41	32			.890	40.39	28
51.	Chris Peart-Binns	46.22	31			.802	37.11	30
56.	Pete Horne	46.51	30	20		.775	36.19	32
65.	Jez Wilkinson	47.18	29			.764	36.08	33
69.	Denis Gildea	48.07	28			.758	36.28	31
72.	Bob Horne	48.21	27	19		.713	34.28	39
	RACE 9: DUDDON VALLEY FELL RACE (AL - 20M/6000') - SATURDAY 4th JUNE							
1.	Gavin Bland	2.55						
5.	Gary Webb	3.07	40			0.912	2.51	39
6.	Steve Houghton	3.09	39			0.876	2.46	40
21.	Jeff Winder	3.26	38	20		0.866	2.58	37
24.	Andy Wimpenny	3.28	37			0.882	3.03	36
36.	Greg Houghton	3.40	36	19		0.782	2.52	38
47.	Denis Gildea	3.55	35			1.000	3.55	35

CALDER VALLEY FELL RUNNERS 1994 CHAMPIONSHIP

Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 11: WHITTLE PIKE RACE (AS - 4.5m/1400') - SATURDAY 2nd JULY							
1.	Dave Neill	37.50						
4.	Gary Webb	40.32	40			0.898	36.24	40
11.	Duncan Thompson	42.14	39			0.902	38.06	39
15.	Steve Houghton	43.06	38			1.000	43.06	37
69.	Ian Hartman	53.50	37	20		0.799	43.01	38
	RACE 12 SETTLE HILLS RACE (AM - 6.5m/1750') - WEDNESDAY 6th JULY							
1.	Greg Hull	47.46						
8.	Gary Webb	51.55	40			0.943	48.57	37
33.	Damian Whitehead	57.23	39			0.847	48.36	38
58.	Jamie Smith	61.24	38			0.879	53.58	34
82.	Carl Greenwood	63.36	37			1.000	63.36	33
104.	Ian Hartman	66.35	36	20		0.779	51.52	35
108.	Steve Cavell	67.08	35			0.751	50.25	36
119.	Allan Greenwood	68.25	34			0.672	45.58	40
124.	Graham Spencer	69.16	33			0.691	47.51	39

** Ineligible for club championship points because 1993 subscription not paid by date of race.

IF YOU FIND ANY ERRORS, PLEASE LET ME KNOW - I HAVE STILL NOT RECEIVED RESULTS FROM THE FOLLOWING RACES:

KENTMERE
BUTTERMERE SAILBECK
HOLME MOSS
BORROWDALE
SEDBERGH HILLS

IF YOU HAVE THE RESULTS, PLEASE GIVE ME A RING

Ian Hartman (0274 546549)

CALDER VALLEY FELL RUNNERS -1994 CHAMPIONSHIP
Provisional placings after 9 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (M)	20 (L)	21 (S)	TOTAL POINTS
1	Gary Webb	39	40					40	40	40		40	40										279
2	Steve Houghton	40				40		38	38	39		38											233
3	Denis Gildea	32	34			34		30	28	35													193
4	Bob Horne	25	35	38		32		31	27														188
5	Andy Wimpenny	37				38		37	37	37													186
6	Duncan Thompson	38						39	39			39											155
7	Damian Whitehead	36						36	34				39										145
8	Michael Wardle			40		37		34	33														144
9	Rod Sutcliffe		39			35		33															107
10	Ian Hartman	29										37	36										102
11	Geoff Bell			39		33																	72
12	Pete Round	33	38																				71
13	Michael Allcock	35							35														70
13	Jamie Smith								32				38										70
15	Carl Greenwood							32					37										69
15	Richard Kellett	34						35															69
	Pete Regan	30	37																				67
18	Steve Cavell							29					35										64
19	Trevor Redmond	26	36																				62
19	Allan Greenwood							28					34										62
21	Pete Horne	31							30														61
22	Jez Wilkinson	28							29														57
23	Graham Spencer	23											33										56
24	Paul Cleary					39																	39
25	Jeff Winder									38													38
26	Richard Rowlands								36														36
26	David Hyde					36																	36
26	Greg Houghton									36													36
29	Chris Peart-Binns								31														31
30	John Riley	27																					27
31	Debbie Flanagan	24																					24
32	Charlotte Roberts	22																					22
33	Grahame Fry	21																					21
34	Steve Kirkbride	20																					20
35	Pete White	19																					19

CALDER VALLEY FELL RUNNERS -1994 VETERANS CHAMPIONSHIP
Provisional placings after 9 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (M)	20 (L)	21 (S)	TOTAL POINTS
1	Bob Horne	17	19	19		18		19	19														111
2	Rod Sutcliffe		20			20		20															60
3	Ian Hartman	19										20	20										59
4	Pete Horne	20							20														40
5	Geoff Bell			20		19																	39
6	Jeff Winder									20													20
7	Greg Houghton									19													19
8	John Riley	18																					18
	Grahame Fry	16																					16
10	Steve Kirkbride	15																					15
11	Pete White	14																					14

CALDER VALLEY FELL RUNNERS -1994 CHAMPIONSHIP
Handicap - Provisional placings after 9 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (M)	20 (L)	21 (S)	TAL POINTS
1	Gary Webb	27	39					36	38	39		40	37										256
2	Bob Horne	30	37	38		35		40	39														219
3	Steve Houghton	40				40		29	29	40		37											215
4	Denis Gildea	23	34			32		33	31	35													188
5	Andy Wimpenny	38				37		30	36	36													177
6	Michael Wardle			40		39		39	40														158
7	Damian Whitehead	34						34	37				38										143
8	Duncan Thompson	29						31	34			39											133
9	Rod Sutcliffe		40			38		38															116
10	Ian Hartman	33										38	35										106
11	Allan Greenwood							37					40										77
12	Graham Spencer	37											39										76
13	Geoff Bell			39		36																	75
14	Michael Allcock	39							35														74
15	Richard Kellett	36						35															71
16	Trevor Redmond	32	38																				70
17	Steve Cavell							32					36										68
18	Jez Wilkinson	31							33														64
19	Jamie Smith								28				34										62
20	Carl Greenwood							28					33										61
21	Pete Round	24	36																				60
22	Pete Regan	22	35																				57
22	Pete Horne	25							32														57
24	Greg Houghton									38													38
25	Jeff Winder									37													37
26	Grahame Fry	35																					35
27	Paul Cleary					34																	34
28	David Hyde					33																	33
29	Chris Peart-Binns								30														30
30	Steve Kirkbride	28																					28
31	Richard Rowlands								27														27
32	Pete White	26																					26
33	John Riley	21																					21
34	Debbie Flanagan	20																					20
35	Charlotte Roberts	19																					19

CALDER VALLEY FELL RUNNERS -1994 LADIES CHAMPIONSHIP
Provisional placings after 9 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (M)	20 (L)	21 (S)	TOTAL POINTS
1	Debbie Flanagan	10																					10
2	Charlotte Roberts	9																					9

SECRETARIES SECTION

Well spring is once again upon us, and we can now get on with some serious training on the fells. I understand there was some confusion over the meeting time for Tuesday nights and apologise about the lack of information. Anyway we should all know by now the meeting time, so lets get out and enjoy ourselves. We have had a few new members join us lately so I would like to welcome them to the club, and hope they enjoy the runs and the social life.

Duncan and I will be organising a few Tuesday runs from various locations throughout the summer, so keep your eyes on the notice board for these events. Allan would like to remind everybody about Rampage, we need articles from you to make the mag, so come on, any training runs you have, any race memories, or anything write them down and send them to Allan. One last thing, congratulations to Tony Flint and Elaine on the birth of their daughter. All the best Tony. Thats about all for now, so if I ever recover from this groin strain I'll see you on the fells.

Yours Tony,

P.S. If anybody is running with Russ do me a favour and trip him up a few times, I don't want him getting too fit.

Editor's note. Apologies for the lateness of this article, but it was recieved too late for the last issue and it takes a while to fill the next one. Substitute 'Summer' for spring and forget the groin strain & the rest still counts! -Allan.

DAILY MIRROR, Monday, March 16, 1992

HOUNDED TO WIN

Doberman chases Jim to race record

LONG-DISTANCE runner Jim Parker ran the race of his life when a Doberman pinscher got on to his tail.

The fierce-looking hound spurred him to a record-breaking victory in the final stages of a gruelling moorland contest.

Jim was battling for the lead with Scottish international Peter Dymoke in the annual Moor Fell race at Ilkley, Yorks. when the four-legged harrier suddenly fell in behind them.

By GORDON HUGHES

"I wasn't taking any chances," said Jim yesterday. "I just gritted my teeth and went for it. more out of panic than any competitive spirit.

"When you have a snarling mutt an inch from your backside you don't stop to ask its intentions!"

The Doberman, which had been out walking the moor with its female owner, doggedly pursued the runners to the finishing line.

Jim, 28, of Ilkley Harriers club, said: "I wasn't happy at the time but I must admit it did play a part in the new record!"

A race official said: "The dog obviously enjoyed the run.

"I just wish some of our athletes were as fast."

Panting

Frantic Jim breasted the tape first in 37 minutes, 29 seconds - more than 1½ minutes faster than the course record.

And panting Peter was only a second behind him.

This happened on the Ilkley Moor Fell race 1992, the first club championship race that year. While i was still on my way up Ilkley Moor, Vicky who was waiting patiently for me to return, witnessed this episode. What actually happened was a spectator was crossing the finish field when the winner came in and startled ner dog, which dashed about excitedly. The artistic Mirror reporter must have smelt a World exclusive! - John (Bod!) Riley.

Editor's note,

In actual fact John, i think that it was Gary Devine's girlfriends dog!

THE POWER OF THE PRESS

After a succession of long events this Spring coupled with domestic responsibilities (washing up etc.) my running seems to have gone a bit off the boil.

I did the Anglezarke Amble (21 miles) then the Trog, followed by the High Peak Marathon and the Calderdale Hike in what felt like fairly quick succession. The High Peak was the killer, next time I'll do it with a team of wimps like myself, NOT Brian Horsley, Rod Sutcliffe, and Paul Frechette. I ran like a puff with a wooden leg.

Since the Calderdale Hike I have done very little just steady local jogs to keep the dog from seizing up. In fact one week my training log read zero, a very rare occurrence! However since the rain stopped and the moors dried a bit and the sun came out, I'm getting going again.

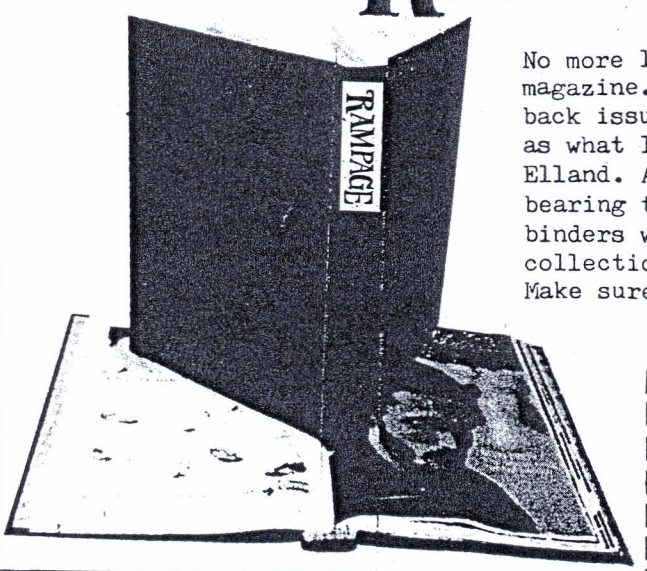
But the thing that really spurred me to get cracking again was when the Rampage dropped through my letter box (Tuesday May 3rd). I took it to work and by lunchtime I had read every word. What a credit to our club, both publication and editor. Thank goodness for Allan's enthusiasm.

I'm definitely going down the club tonight!

JOHN RILEY (BOD)

P.S. Do I get a free hat, Allan?

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GRASMERE - A Classic Lakeland fell race.

Fell racing in the Lakeland village of Grasmere first took place well over a century ago. The first recorded race was to the summit or Silver-Howe and back, on Grasmere Sports day 1868. This early race was called the Guides Race for one of two possible reasons; The runners were 'guided'* up the slopes of the fell to the 1,292 foot summit, but the more popular explanation seems to be that the competitors themselves were all in fact mountain guides, men who made their living by taking 19th century tourists on excursions over the fells. The winner of that first ever event and, incidentally the following years race, was one George Birkett of Wythburn His winning time was 22 minutes and he collected a prize of £3.

In the years of 1888 and 1890, the legendary John Grizedale triumphed at Grasmere. Grizedale, a Grasmere local must have been quite a character, and certainly an extremely athletic man. In the book by Micheal Miller and Denis Bland, "See The Conquering Hero Comes",(1973), an insight is given of the training schedule Grizdale would utilise before race day.

'Trained hard for three weeks before the race, usually walked round Thirlmere before breakfast. On the race route for the last 14 days, walking it twice a day and running it once a day. Food, mostly beef, eggs chicken, port and brandy. On race day, had two or three light boiled eggs with tea and toast at 6a.m., at 1p.m. a few milk biscuits and nothing more until the race.'

A race report of the 1888 event tells us of two runners returning from the summit at a tremendous pace. The men could be discerned by their costumes as Grizedale & Robert Lancaster of Force Forge. The pair were a good way in the lead and ran well together. Lancaster appeared first on the wall, which marked the winning point, but Grizedale jumped down before him and so was declared the winner in 15 min 28 sec.

The reference to the runners' costumes is of interest. As the photograph on the next page shows, the Guides standard apparel would have been, vest or shirt,longjohn with perhaps bathing trunks over them and boots or shoes. There was also a competition for the best dressed Guide.

The Grasmere Fell race route has altered many times over the years in terms of both the starting point changing, and the ascended fell being changed. In 1904, the race ascended Butter Crag and in spite of the start field changing since then, Butter Crag is the present day turning point.

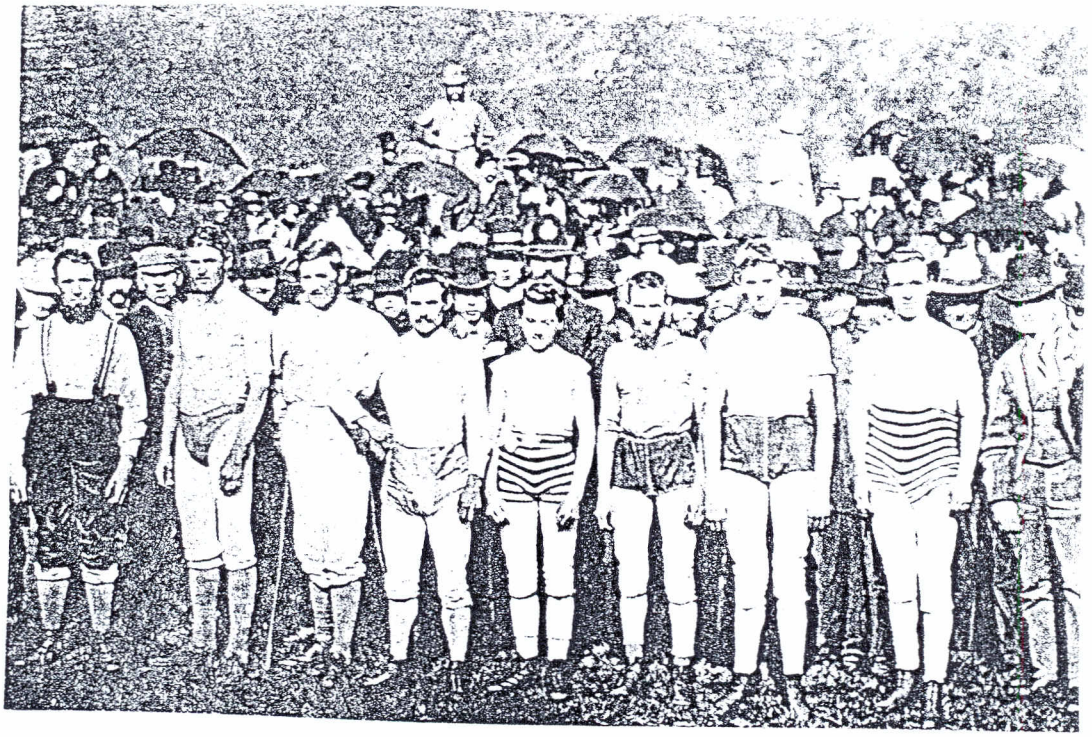
This years race will be held on Sunday October 9th at 12 noon, at Grasmere Sports arena £2 on day.



John Grizedale, perhaps the most famous of all fell racers, trained on beef, eggs, chicken, port and brandy. As the official photographer, Baldry would invite the winners to his studio in Grasmere where their photograph would be taken in front of some makeshift scenery.

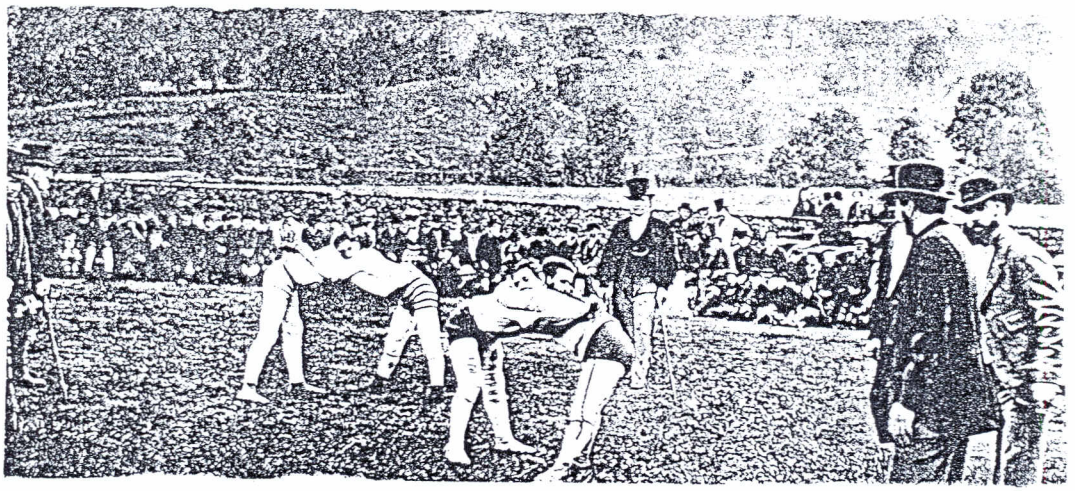
* Guided by Flags

GRASMERE



The runners line up for the start of the Grasmere Guides race, circa 1873.

If you think, as John Riley suggests, that the fellow on the previous page resembles Andy Wimpenny, then surely a very young Duncan Thompson can be seen on the picture above; centre, hooped trunks, next to Jimmy Hill.



Cumberland wrestling at the 1873 Grasmere Sports. Besides Wrestling and the Fell race there were pole vaulting contests, high leap, a boat race and a hound trail.

The photographs used in this article were very kindly sent in to Rampage by John (Bod!) Riley. They are taken from a book, "Victorian Lakeland Photographers" by Stephen Kelly. John tells me that it is a fascinating book for anyone who is interested in the Lake District and it includes several rock climbing shots by the famous Abraham brothers of Keswick.

The Sports photographs were taken by William Baldry of Grasmere. He was a well known photographer at the time and, was amongst other things, one of the founders of the Grasmere Sports.

A MESSAGE FROM YOUR SOCIAL SECRETARY.

As you know, the job of the social secretary is to bring together members, families and friends of C.V.F.R. I therefore decided to try four new events for this year, ensuring that they did not clash with any major races for those that actually wanted to go running.

Quiz Night (6th. March).

This event was staged at Kershaw House and I'm sorry if the questions were too hard for you! Better luck next time. The quiz was a great success, especially the "Mastermind" section at the end.

Orienteering (12th. April).

This was designed to accustom us to map-reading and the use of a compass, with the chance of a drink at a local pub afterwards. I believe that this event, in particular, is very important to the club for many reasons and of great benefit to newcomers. Let's try it again next year.

Barbeque.

I'm afraid the logistics took over, so for the time being it has been shelved. However, if a satisfactory venue (and date) can be found, I'll try again.

FORTHCOMING ATTRACTIONS.

Hallowe'en Night (29th. October).

I've hired the Jubilee Room at M.C.C. and have booked a live band and a disco. Tod. Harriers and their guests have also been invited, so it promises to be a good night out. See me for tickets.

Club Dinner.

Not new, but always a good "Do" is our very own club dinner at the end of January and which I understand, this year, is being organised by Jeff Winder. Good luck, Jeff.

These events are probably enough for most people but I'm aware that they're not everyone's 'cup of beer'. Other suggestions are that we organise travel for groups of members to different events such as Benns of Jura, Ireland (or similar) so as to reduce costs and hassle. If you have anything in mind in the way of social activity, let me or the committee know. This is your club and only you know what is needed, so don't sit in a corner. Speak out.

All the best,

Jim.

TRAINING

Getting to the heart of your lactate threshold

Is your heart rate really a good gauge of the value of your workouts? That's what numerous articles and books are telling athletes, and increasing numbers of them are buying heart rate monitors and letting the devices dictate their workout intensities.

However, there's a problem with heart-rate training which isn't often mentioned. When exercise physiologists test the effects of various types of workouts on athletic performance, they usually utilize oxygen consumption - not heart rate - as their intensity "yardstick." Since the link between oxygen utilization and pulse can vary considerably from person to person, the scientific research gives us lots of information about the effects of training at various oxygen-consumption rates but fewer details about the benefits associated with training at specific heart rates.

Fortunately, new heart-rate research is beginning to appear in the scientific journals, providing practical information about how to use your heart rate to become a better athlete. In fact, recent research shows that a particular type of heart-rate workout can simultaneously improve your lactate threshold, VO2max (maximal aerobic capacity) and, if you're a runner, 5-K race times - all in a very short period of time!

In a study completed not long ago at California State University-Northridge, a group of experienced runners trained four times per week for five weeks (20 sessions in all) at a fixed intensity of 85-90 per cent of maximal heart rate (MHR), an intensity which is often recommended for athletes who want to improve their lactate thresholds.

The workouts were simple: The athletes warmed up for about 10 minutes and then ran for 35 minutes at 85-90 per cent of MHR. During the fourth and fifth weeks, the runners also ran at greater than 95 per cent of MHR for 60-75 seconds in the middle of each workout and for 75-90 seconds at the very end.

Mixing running and cycling

After five short weeks, the results were dramatic. The runners improved lactate threshold by a sizeable amount, hoisted VO2max (maximal aerobic capacity) by over 5 per cent, and trimmed one-mile race times by 18 seconds (from 6:18 to 6:00) and 5-K clockings by more than 100 seconds (from 23:18 to 21:36).

Although the end results were wonderful, a few words of caution are in order. Since each workout was at a high intensity, it's not clear that the athletes could have continued this schedule for more than five weeks without overtraining. Also, it's important to mention that another group of runners who also trained at 85-90%-MHR intensity, but with two running and two CYCLING workouts per week (instead of four running sessions), achieved the same gains in running performance. The latter strategy would probably be better for many athletes, since it would lead to less wear and tear on the leg muscles.

The bottom line is that 85-90 per cent of maximal heart rate is an excellent training intensity - high enough to produce great gains in fitness but low enough so that many experienced athletes can sustain it for 25-35 minutes during a workout. Although this intensity is often recommended for lactate threshold improvement, it's nice to know that it also has great potential for raising VO2max and trimming race times.

If you would like to carry out some heart-rate training, here are four important tips:

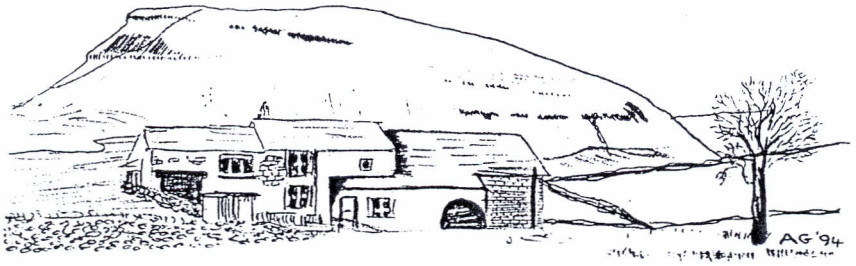
(1) Don't rely on the familiar formula "220 minus age" to determine your maximal heart rate. For at least one-third of all athletes, the formula will over- or under-predict max heart rate by at least 15 beats per minute, leading to workouts which are too intense or too easy. If you have a fairly high resting heart rate (above 70 beats per minute), a low body weight for your age, and you're a non-smoker over the age of 45, your chances of having a MHR which is 10-15 beats above the predicted value are quite high. Better - but still imperfect - equations are 214 minus (.8 x age) for men and 209 minus (.7 x age) for women.

(2) To get a more accurate estimate of your topmost heart rate, have a maximal stress test in your doctor's office, or get his permission to do the following: jog easily for 10 minutes, run 800 metres at top speed, jog for one minute, and then run 1000 metres at top speed. Take your heart rate at the end of the 1000 metres.

(3) An alternative way to ballpark MHR is to measure your heart rate during the fifth mile of a 10-K race which you are running at your best, steady pace. This heart rate will usually be about 5-8 per cent below your maximum.

(4) After you know your MHR, carry out the following workout about once a week: jog for 10 minutes to warm up and then run for 25-30 minutes with your heart rate at 85 per cent of maximal. If you complete this workout once a week, you should have a much-improved lactate threshold within six to eight weeks, and this will be reflected in some shiny new race PBs.

Owen Anderson



A MEMORABLE RACE.

Although I didn't compete in as many races as I would have liked in 1993 I have to admit that the ones I did run in were very enjoyable, one more than the rest: The Pen-y-Ghent Race.

It was a glorious sunny day when I arrived at Horton, after a pleasant drive. On my way to register I was greeted by the smiling faces of Russ and Jimmy. On inspecting the route I found it bore little resemblance to the one which Russ had described earlier, which made matters a little more interesting. As the start time approached we were beginning to notice a distinct lack of Calder valley runners, but an awful lot of Lakeland runners, then Russ remembered it was an English Championship race. How much further down the field would I finish now? Just before the off Carol appeared, looking well and hoping to carry on her marvellous winning streak, followed by Rob Skelton. Just five Calder Valley runners had entered. I wish it had been a club championship race. I could have picked up a few points. As Rob left us to find a space nearer the front Russ informed me he was going to try and keep him in sight. Not much chance of that for me. I'd just have to try and keep infront of Jimmy.

At the off I lost sight of Rob and Russ straight away, with such a large field, but Russ was a man with a mission. As we crossed the stream by the school I caught a fleeting glimpse of two Calder Valley vests in front. Russ's plan seemed to be working.

As we reached the top of the track and started up the field the heat began to get to me a bit and I thought I was in for a bad run but I kept on walking and running until I saw Russ a few hundred yards ahead. This was all the incentive I needed and I dug in hoping to keep with him, but I noticed I was gaining.

As we climbed the rocks near the summit I finally caught him. No sign of Rob though. Russ's plan wasn't working. As the climb continued I started to leave Russ behind. Great! This was the first time I had been infront of Russ during a race, and this knowledge made me pull away even further. At the summit a quick hello to Allan who was marshalling and a look back for Russ. He was about 50 yards behind, so I set off down the descent in an all-out effort to leave him for good. At the stile at the bottom I had one last look for him. He was about half way down. I knew I just had to keep going now for a famous victory. The next incentive was to pick up as many of those Lakeland vests as I could, and this kept me going. As I ran down the lane towards the pub I allowed myself one last look over my shoulder for Russ. No sign of him. Great!

From there to the finish I pushed hard all the way and finished in 59-40, really pleased for my first time. I then went to stand with Hazel and Liz as they waited for

Jimmy and Russ to finish, and was greeted by Liz asking where Russ was. "Somewhere back there," I replied. "Oh," said Liz. "When I saw you finish I thought Russ must be infront of you." Great family loyalty.

Russ soon came in with a multitude of excuses: no air,heavy legs, jet-lag from the journey up. To this day he still uses the same excuses every time we race, because since that day he has yet to beat me.

Jimmy came ambling in towards the back of the field, and Russ saw Rob Skelton again in the pub. Good race plan from Russ. A happy day all round. Carol won the ladies race, breaking the record. I beat Russ, and Jimmy beat nightfall. The race itself was excellent, so let's hope to see a few more red and white vests there next year.

Tony Bradley.

AS USUAL THE EDITOR HAS DECIDED TO CHIP IN WITH HIS TWOPENN'ORTH:

I remember in the mid-eighties when the Pen-y-Ghent Race used to go straight up the face of the mountain, almost the way the Three Peaks goes nowadays, and return by the same route over Whitber and down the fields to the Crown Inn before the slog on the final road section. The race started at 2 p.m.

Every year, on the descent, I would dare to glance up as I came down those final fields, to see if the annual steam special going from Carlisle to Settle had made its three o' clock connection at Horton. This was my marker as to whether I would beat the hour. For about five years running I just managed to miss the train by about a couple of minutes. The nearest I got was 60-59 in 1990. Then, in 1991, I turned up determined to beat the train, and ultimately beat the hour. To my surprise, and slight dismay, I learned that the organisers had altered the route, due to erosion problems, and it would now be a little longer!! Nevertheless, I would give it my best shot.

A steady start round to Brackenclose, then the long steady jogging climb up the boards and onto the fell. A rough scramble up the rocky face and over the summit, then I just let rip. A momentary glance up as I topped the gentle grassy climb of Whitber, and there was no steamer in sight. (I seldom wear a watch while running.)Then, all-or-nothing down the field to the pub and a last gasp effort round the road, without the sight or sound of a steam train to hint at the time of day.

I ran my heart out that day, and discovered on looking at the results board that I'd clocked 59-24!!

P.S. The steam train had broken down somewhere up north!

CAPTION COMPETITION

Can you dream up a suitable caption preferably printable, for this very early shot of C V F R out on a training run ?



When you have come up with an amusing effort send it to the Rampage address no later than 1st October. The winner will get a right cushy job at the FRA RELAY. Winner published in Christmas issue.

FRA RELAY 1994

CALDER VALLEY FELL RUNNERS

TODMORDEN HARRIERS

WHAT IS GOING ON ??????

The F R A relay is now less than 2 months away. What arrangements have been made so far by the organising committee ?
Well, so far the committee, 4 members from each club (CVFR & Tod Harriers) have met at Event Co-ordinators Bernard and Kay Pierce's house on about a dozen occasions. The outcome of these meetings has been listed below, to give you some idea of the ground covered and progress made.

Routes. Four routes mapped out by Bernard and proposed to commitee. They will be of A category, Long, Medium, Short and a Navigation only leg. Groups from each club go round proposed routes, noting possible problems such as access/congestion and noting essential marshalling and route marking points. Later, some faster runners run the ammended course to gauge the leg times for winners. Commitee decide to separate all route marking by using four different colours of markers/ flags where applicable (some legs are only to be partly flagged over difficult/ private land). Teams are utilised in the making of these markers, & materials bought.
The final estimates for fastest/ slowest runners times are put forward the winning teams' time being 4½ hours apprx. for 34½ miles (Hilly!)

Land/access. Permission to hold the event is sought/ obtained from various sources. Permission to use the Village green at Wadsworth, and the Old Town Cricket ground granted. Car parking space sought from local business and obtained. Police agree to seal off part of Village on the day.

Safety etc. Routes are drawn up to be used as alternative in case of bad weather. Radio control from Raynet and Rescue cover from Calderdale Moorland Rescue obtained. First Aid cover requested from St. Johns. Emergency commitee for on the day decisions to be formed incl. FRA commitee person.

Publicity. Press release drawn up and sent out to local press. Good response is recieved. Yorkshire Post reporter agrees to handle all pre race publicity/promotion. Notices are drawn up for Club notice boards. Headed notepaper designed, with logo incorparating CVFR and Tod and FRA logos. Large advert (2 page spread) sent in to Fellrunner June 1994. Plans drawn up for printed programme with plan of the Village and all facilities laid out. Tee shirts prices sought.

Communication. Mobile phones to be used at strategic points on routes. Tannoy to be set up around village green Cricket club. Race commentators are needed. (Any offers ?)

What if it rains ? Large marquees ordered for on the day. Police suggest we insure them and think about possibility of having someone camp out in them the night prior to event! They are serious.
Changing facilities and showers inspected at WCC and OTCC. Portable toilet facilities priced up.

Budget. A realistic projected budget is worked out. Sponsorship sought. Each club commitee is asked to agree on a loan of £100 to tide the relay over. A bank account is opened with Yorkshire Bank. A scrupulous commitee member enquires about sponsorship whilst in the bank. They agree to give us £150 if we put their name on the race numbers. The FRA send us a cheque for £100.

Catering. Wadsworth Community centre agree to put on a Wadsworth Trog style catering service and a cake stall on the Village green.

Other business. Meeting held with 2Bingley representatives to discuss how they organised their highly successful Relay. FRA commitee meeting attended and proposed event unvailed by Bernard. They are very impressed with our ideas.

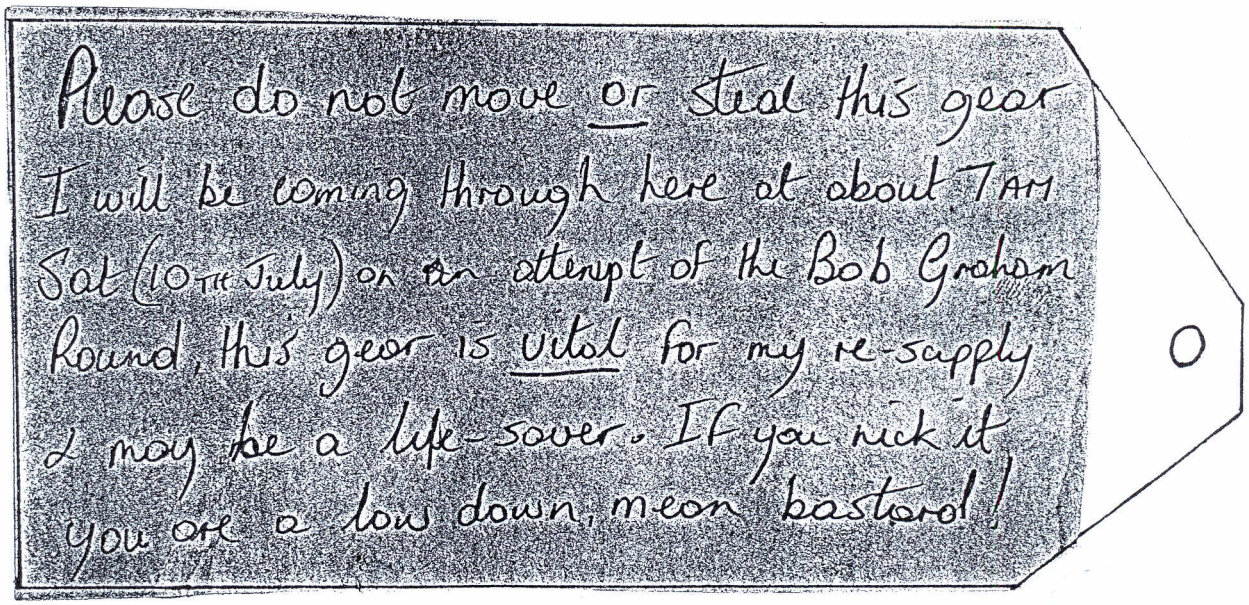
Now what are YOU doing to help ?

Wanted by the BBC

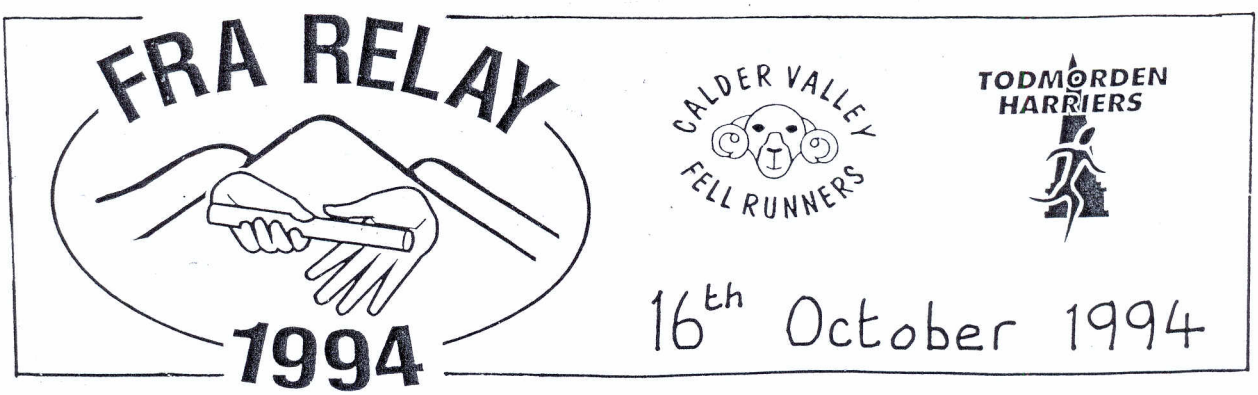
- Are you 50+ and have an unusal hobby or skill ?
- Have you changed careers or changed yor life ?
- Have you exciting ambitions yet to be realised ?
- Or are you doing things today you never thought were possible ?

If you are in any of these categories, we would love to share your experiences in a new magazine series for BBC television. -Please write to;

Frank Ash (Producer)
BBC Television,
Room 2552
White City
Wood Lane
London W 12 7 TD



↖ Found attached to Barrie Price's kitbag hidden in the bracken, Dunmail Raise, 10th July 1993 on Allan G's and Barrie's Bob Graham attempt. What i find equally as funny is that it is written on a piece of cardboard from a box of Jockey shorts!
With thanks to John Riley.



BY NOW YOU WILL KNOW WHAT YOUR JOB IS ON THE DAY. - IF NOT, PLEASE RING BERNARD.
--- (0422) 842377 ---

Bob Graham Round ; Saturday 11th June 1994 by Mike Wardle.

Editors Preamble. For those who are relatively new to fell running, or at least to the exploits of the long distance specialists, the Bob Graham round of the high Lakeland fells represents the standard test of a fell runner or mountaineers' fitness. It is an extremely demanding challenge physically, as well as requiring a high degree of mental strength and self discipline. On 13th June 1932, a young fellow by the name of Bob Graham set out at 1 a.m. from Keswick Town Hall, now called the "Moot Hall" (a meeting place), and walked and jogged over the summits of 42 peaks in less than 24 hours. A book entitled "42 peaks, the story of the Bob Graham Round is available in good bookshops and Lakes mountaineering shops, price £1.5o. In case of difficulty in obtaining a copy, contact Allan G. -Ed.

My road support for my Bob Graham attempt was generously given by my friend Danny Morgan, who's white Nissan van was easily spotted on the descents and acted as a haven of rest, food and drink. Danny not only supported on the Round but also transported me to the Lakes and back home again.

Section 1. I had decided to go clockwise and try to do as little of the Round in darkness as possible. A 2 a.m. start, supported by Rob Gayle. Danny, Rob and Chris Peart-Binns came to the top of Skiddaw, then in the murk of a misty dawn Rob and i set off for Calva. The descent from Skiddaw was the hardest piece of navigation of the day. The big difficulty was finding the best line in the gloom and not ending up in the deep heather, but as daylight came the mist lifted and things got easier. Rob was feeling tired by Blencathra but he had helped me to set a pace that i was able to keep to for most of the day.

Section 2. My support for this section was a very old friend Dunc Taylor and a friend of his, Walter Harrison. I had not spent a day on the hills with Dunc for many years and really, the section flashed by in a whirl of old tales, good conversation and lovely Lakeland views. The weather continued it's support with a light NW wind and some patchy cloud.

Section 3. Another friend Ian Taylor, who had given me a lot of support and encouragement throughout my training, took over at Dunmail Raise. On Steel Fell we were met by Gary Webb who stayed with us to Pike O' Stickle. We had no problems on the rest of the section and even caught up two Scots lads, also on the B.G. The weather remained the same, with light NW wind and patchy cloud and the going nice and dry underfoot.

Section 4. I was ahead of schedule at Wasdale and my next supporter, Andy Bell nearly missed me. I considered the next few miles the crux, but thanks to the wonderful pacing up to then i still felt good. Andy set a nice steady plod up Yewbarrow and it was over surprisingly quickly. Near the summit of Red Pike cloud and some light drizzle surrounded us. It stayed with us for most of the section, clearing only as we descended Grey Knotts. My good fortune seemed to be holding but i was worried about the problems low cloud and failing light may cause on the next section.

Section 5. Chris Peart-Binns supported me on the last section. He had been with us in the van from the start. My fears of problems evaporated as we climbed Dale Head because the cloud lifted from the summits. Dusk finally started to tell as we hit the roads. Chris did a great job opening the gates and Ian joined us for the last few miles. I was amazed i could still run! My only problem was slightly bruised feet which started to hurt towards the end.

The Finish. Many feelings pass through you as you touch the Moot Hall and sit down on one of the benches. One is a tremendous sense of achievement another is a deep gratitude to all the people who have helped you to achieve it. It was a great pleasure to repeat a feat that was first accomplished over 60 years ago and wonder how Bob Graham managed it without all the modern gear. A bag of chips and mug of tea went down well knowing i did not have to run over another peak!

CALDER VALLEY FELL RUNNERS - MEMBERSHIP LIST

Date: 3/7/94

Surname	Forename	Address 1	2	3	County	Postcode	Home Tel No
Allcock	Michael	85 Swillington Lane	Swillington	Leeds	West Yorkshire		0532 860d45
Arrandale	Russell	25 Carr Field Drive	Luddenden		West Yorkshire		0422 883510
Balunola	Bahatunde	30 Astral Ave	Hipperholme	Halifax	West Yorkshire	HX3 8NN	0422 204117
Banks	Michael	13 Prospect Place	Duckworth Lane	Bradford	West Yorkshire		027d 545391
Bell	Geoff	11 Arran Drive	Garforth	Leeds	West Yorkshire		0532 865456
Bell	Val	11 Arran Drive	Garforth	Leeds	West Yorkshire		0532 865456
Benham	Jane	Broadfold Hall	Luddenden		West Yorkshire	HX2 6TW	0422 885156
Benn	Richard	860 Gt. Horton Road	Bradford		West Yorkshire		027d 507037
Bootland	Lynn	42 Caldene Avenue	Low Moor	Bradford	West Yorkshire		0422 676133
Bradley	Tony	12 Vicar Park Drive	Norton Tower	Halifax	West Yorkshire	HX2 0NN	0422 360999
Pimlott	Mark	2 Wilcroft Terrace	Pecket Well	Hebden Bridge	West Yorkshire	HX7 8QZ	0422 843574
Burns	Michael	38 Dean Lane	Sowerby	Sowerby Bridge	West Yorkshire		
Cavell	Steve	1 Shelf Moor Road	Shelf	Halifax	West Yorkshire		027d 601577
Cleary	Paul	10 Albert Road	Halesowen		West Midlands		
Coulson	Jeff						
Crossdell	Neil	59 Kliffen Place	Halifax		West Yorkshire	HX3 0AL	0422 342808
Crummett	John	18 Westbourne Terrace	Queensbury	Bradford	West Yorkshire		027d 817791
Fleetwood	Mick	Dale Foot	Stanbury	Keighley	West Yorkshire	BD22 0HA	0535 647029
Flint	Tony	14 Carr Field Drive	Luddenden		West Yorkshire	HX2 6RJ	0422 884265
Frechette	Paul	Spa House	Cragg Road	Mytholmroyd	West Yorkshire	HX7 5SQ	0422 882619
Fry	Grahame	Wharfedale, West St	North Kelsey		Lincolnshire	LN7 6EL	0652 678820
Gildea	Denis	3 Denfield Avenue	Ovenden	Halifax	West Yorkshire		0422 367805
Greenwood	Allan	71 Smiddles Lane	West Bowling	Bradford	West Yorkshire		027d 722783
Greenwood	Carl	17 Hill Crest	Hebden Bridge		West Yorkshire		0422 844101
Hartman	Ian	3 Woodland Grove	Bradford		West Yorkshire		027d 546549
Hayles	Linda	59 Kliffen Place	Halifax		West Yorkshire	HX3 0AL	0422 342808
Horne	Bob	8 Bramley View	Lightcliffe	Halifax	West Yorkshire		0422 201269
Horne	Pete	67 The Grove	Hipperholme	Halifax	West Yorkshire		0422 205547
Horsley	Brian	2 Netherlands Avenue	Bradford		West Yorkshire		027d 600651
Houghton	Greg	4 Valley Avenue	Lightcliffe	Halifax	West Yorkshire		
Houghton	Steve	4 Numlea Royd	Lightcliffe	Halifax	West Yorkshire		0422 203704
Jones	Allan	The Paddock, Shelf Moor Road	Shelf	Halifax	West Yorkshire		027d 679894
Kellett	Richard	16 Hope Street	Shelf		West Yorkshire	HX3 7LG	0422 202923
Kift	Rhys	Clunters	Cragg Vale	Mytholmroyd	West Yorkshire		0422 883634
Kirkbride	Steve	11 Mountfields	Lightcliffe	Halifax	West Yorkshire		0422 203338
Long	Ted	Burntwood, 127A St Peters Ave	Sowerby Bridge		West Yorkshire	HX6 1BU	0422 835224
Neville	Irene	Lyndene, Browfootgate Lane	Trimmingham	Halifax	West Yorkshire		0422 368955
Parry	Leahn				West Yorkshire		0422 885030
Peart-Binns	Chris	14 Foster Lane	Hebden Bridge		West Yorkshire		0422 842589
Peters	Brian	4 Jonathan Garth	Addingham		West Yorkshire		0943 830729
Pierce	Bernard	7 Old Town Cottages	Hebden Bridge		West Yorkshire	HX7 8SP	0422 842377
Pierce	Kay	7 Old Town Cottages	Hebden Bridge		West Yorkshire	HX7 8SP	0422 842377
Price	Barry	19 Arberry Close	Banbury		Oxon	OX16 9TE	0295 252203
Procter	Eddie	7 Marlborough Grove	Hebden Bridge		West Yorkshire	HX7 8BS	0422 394774
Redmond	Trevor	126 Ravenstones Drive	Greetland	Halifax	West Yorkshire		0422 372848
Regan	Pete	11 Church Lane	Mount Pellon	Halifax	West Yorkshire		0422 355243
Riley	John	11 Buttress Lane	Luddenden		West Yorkshire		0422 885180
Roberts	Charlotte	130 Lane Ends	Oakworth	Keighley	West Yorkshire	BD22 7PR	
Robertson	Ian	4 Buxton St	Bradford		West Yorkshire	BD9 4PJ	
Round	Pete	8 Sowerby Croft Lane	Sowerby Bridge		West Yorkshire		0422 831814
Rowlands	Richard	1 Under Cragg	Charlestown	Luddenden	West Yorkshire		0422 843038
Sheard	Jimmy	10 Carr Field Drive	Luddenden		West Yorkshire		0422 884764
Simpson	John	13 Park Grove	Swillington	Leeds	West Yorkshire	LS26 8UN	0532 872036
Smith	Jamie	17 Munby Street	Fairweather Green	Bradford	West Yorkshire		027d 495460
Sowden	Alastair	Rose Cottage	Cragg Road	Mytholmroyd	West Yorkshire	HX7 5EG	0422 884860
Spencer	Graham	26 Ascot Avenue	Horton Bank Top	Bradford	West Yorkshire		027d 570795
Sutcliffe	Rod	173 Scarr Bottom Road	Scarr Bottom	Halifax	West Yorkshire	HX2 7DZ	0422 380896
Symes	Gerry	33 Station Fields	Garforth	Leeds	West Yorkshire		0532 863760
Thompson	Andy	40 Caldene Avenue	Low Moor	Bradford	West Yorkshire		027d 676133
Thompson	Duncan	27 Glenfield Road	Nelson		Lancashire	BB9 8AP	0282 613559
Thompson	Julie	40 Caldene Avenue	Low Moor	Bradford	West Yorkshire		027d 676133
Towler	Simon	74 Poplar Grove	Great Horton	Bradford	West Yorkshire	BD7 4JJ	027d 501957
Wardle	Michael	19 Carr Field Drive	Luddenden		West Yorkshire	HX2 6RJ	0422 885497
Webb	Gary	3 Crimsworth Terrace	Hebden Bridge		West Yorkshire		0422 842713
White	Peter	12 Coiners Fold	Mytholmroyd		West Yorkshire		0422 885728
Whitehead	Damian	29 Woodhouse Drive	Keighley		West Yorkshire	BD21 5NR	0535 607660
Wilkinson	Jeremy	7 Sowood Street	Burley	Leeds	West Yorkshire	LS4 2JZ	0532 788925
Wimpenny	Andy	11 Cross Hill	Greetland	Halifax	West Yorkshire		0422 379542
Winder	Jeff	148 Ravenstone Drive	Greetland	Halifax	West Yorkshire	HX4 8DY	0422 376111
Woodhead	Raymond	77 Shelf Hall Lane	Shelf	Halifax	West Yorkshire		027d 600056
Yates	Dave						092d 494598
Buckle	Adrian						
HYDE	DAVID						
SKELTON	ROBIN						